



Statistics Report 09138, Groundcherries, (cape-gooseberries or poha), raw

Report Date: June 30, 2017 11:13 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	85.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	53	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	222	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	1.90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.70	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	11.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
<strong>Minerals</strong>													
Calcium, Ca	mg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	1.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	11.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	2.800	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	36	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	720	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
<b>Lipids</b>													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982